

September 8 ~ November 2, 2008

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:30-7:30am <b>Vinyasa Yoga</b> (Natalie)	7:45-8:40am <b>Stott Mat Pilates</b> (Kay Finn)	6:30-7:30am <b>Vinyasa Yoga</b> (Lindsey)	8:00-9:00 <b>Latin groove</b> (Lisa)	6:30-7:30am <b>Pilates</b> (Sandra) new studio	7:45-8:30am <b>Pilates</b> (Linda W.) new yoga studio	8:00 – 9:00am <b>Pilates</b> (Sandra)
8:00-9:00 <b>Sculpting w/ Balls</b> (Kathy) new yoga studio	8:00-9:00am <b>Cardio Interval Training</b> (Kathy) Cardio room	8:00-8:45 am <b>Sculpting w/Balls</b> (Krissy) new yoga studio	9:15-10:15am <b>Pilates</b> (Judy) new studio	6:30-7:30 <b>Vinyasa Yoga</b> (Natalie)	8:00-9:30 <b>Simply Hot Yoga</b> (Lindsey)	9:15-10:30am <b>Power Yoga</b> (Joe) new yoga studio
9:00-10:15 <b>Yoga Basics~ Heated</b> (Sharon)	8:30-9:45 <b>Yoga Basics II</b> (Cathy M.) new studio	8:45-9:15am <b>Core Conditioning</b> (Teresa) new yoga studio	9:10-10:25 <b>Beginner Vinyasa Yoga</b> (Janine) yoga studio	8:00-9:00am <b>Interval Training</b> (Kathy)	8:45-9:30am <b>Pilates</b> (Linda W.)	10:30-11:30 <b>Stott Mat Pilates</b> (Kay/Jill)
10:00 – 11:00am <b>Pilates</b> (Linda W) new yoga studio	8:45-9:30 <b>Pilates</b> (Linda W)	8:45-10:00 <b>Beginner Yoga</b> (Helene)	10:30-11:15 <b>Aerobic Dance</b> Qian Hot yoga studio	8:00-9:30 <b>Forest Yoga</b> (Lynn) New studio	9:35-10:35 <b>Stretch &amp; Sing</b> Teresa New yoga studio	
10:30-11:30 <b>Latin Groove</b> Lisa	10:00-11:15 <b>Yoga Basics I</b> (Cathy M.) new yoga studio	9:30-11:00am <b>Advanced Vinyasa Yoga</b> (Janine) new yoga studio	10:30 – 11:45am <b>Vinyasa Fundamentals Level I</b> (Janine) new yoga studio	9:35-10:35 <b>Stretch Yourself</b> (Stephanie) new studio	10:15-11:45am <b>Hot Yoga</b> (Abby/Natalie)	
11:30-12:45 <b>Svaroopa</b> Caroline New yoga studio \$5 additional fee	10:30-11:30am <b>Sculpting &amp; Core w/Balls</b> (Kathy Ney)	10:15-11:15 <b>Pilates</b> (Linda W.)	11:15-12:00 <b>Tai Chi Flow</b> Qian Hot yoga studio	9:30-11:00 <b>Advanced Kripalu</b> (Nina)		
4:30-5:30pm <b>NIA</b> (Lisa)	12:00-1:30 <b>Vinyasa Fundamentals Level II</b> (Janine) new yoga studio	11:30-12:30 <b>NIA</b> (lisa)	12:00-1:15 <b>Svaroopa</b> Caroline New yoga studio \$5 additional fee	11:00-12:00 <b>Pilates</b> (Linda W.) new studio	<b>Close at 2:00</b>	<b>Close at 12:00</b>
5:45 – 6:45 pm <b>Mat Pilates</b> (Dana) new yoga studio	4:30-5:30 <b>Stott Pilates</b> Kay hot yoga studio	4:30-5:30pm <b>Mat Pilates</b> (Dana)	5:00-6:00pm <b>Pilates</b> (Sandra) new yoga studio	4:30-5:45 <b>Yoga</b> (Ari)		
7:00-8:30pm <b>Simply Hot Yoga</b> (Joe)	5:00-6:15pm <b>Simply Yoga</b> (Joe) new yoga studio  6:15-6:45 <b>Meditation</b> Karen	6:00 – 7:30pm <b>Just Yoga</b> (Helene)	6:30 – 8:00pm <b>Hot Vinyasa Yoga</b> (Joe)			
	6:30- 8:00pm <b>Hot Vinyasa Yoga</b> (John C.)	7:00-7:45pm <b>Pilates</b> (Sandra) new yoga studio	7:30-8:30pm <b>Qigong</b> (Judith) conference room  8:30-9:00pm <b>Tai Chi</b> (Judith)	<b>Close at 6:00</b> <b>Starting 9/12</b>		

~Waxing done by *In Vogue Salon* on Wednesday's 9-11am~